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# Lift

C · A · F · E

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A FRESHLY PREPARED MEAL THAT'S MADE-TO-ORDER  
TAKES TIME, SO RELAX, BREATHE DEEPLY AND  
ENJOY OUR BEAUTIFUL VIEWS.



# Craft beer



## GLYNN'S GOLD

easy-drinking session beer based on a London Ale

R60

## LONG TOM LAGER

a traditional German dark lager

R60

# Cocktails



## MOJITO

R60

## STRAWBERRY DAQUIRI


R60

## BLOODY MARY

R60

## MARTINI

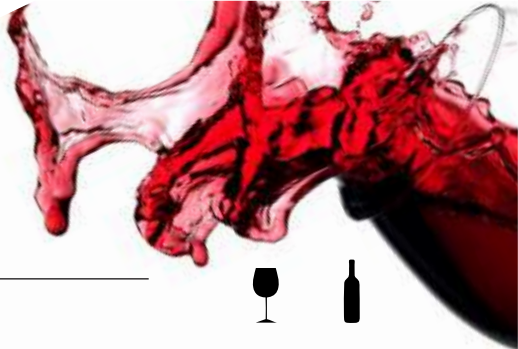
R60



"A forest is not a wilderness, but  
a community of souls who speak  
to one another on the wind"

Anthony T. Hincks

# Wine



## PINK WINES

Durbanville Hills Merlot Rosé  
Nederberg Rose

R 55 R 150  
R 40 R 110

## RED WINES

Alto Rouge  
Raka Quinary  
Beyerskloof Pinotage  
Bacsberg Merlot  
Laborie Shiraz  
Kleine Zalze Cab Sav  
Fleur du Cap Shiraz

R 240  
R 270  
R 65 R 180  
R 255  
R 60 R 145  
R 65 R 165  
R 85 R 250

## BUBBLES

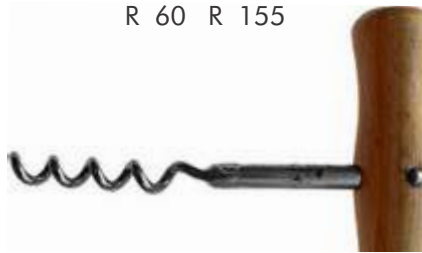
Durbanville Hills Sauv Blanc Sparkling  
JC Le Roux  
Moët & Chandon  
Veuve Cliquot  
Pongracz

R 230  
R 190  
R1450  
R1650  
R 350

## WHITE WINE

Arabella Sauv Blanc  
Kleine Zalze Sauv Blanc  
Glen Carlou Sauv Blanc  
Protea Chenin Blanc  
Fleur du Cap Chardonnay

R 45 R 130  
R 55 R 145  
R 210  
R 60 R 160  
R 60 R 155





# Drinks



MILKSHAKES - Chocolate, Vanilla, Strawberry or Lime

R30

ESPRESSO

R25

R30

CAPPUCCINO

R30

R35

RED CAPPUCCINO - Decaf

R30

R35

AMERICANO

R30

R35

LATTE

R30

RED LATTE

R30

R35

FREEZOCHINO

R30

R35

HOT CHOCOLATE

R30

WHITE HOT CHOCOLATE

R30

CEYLON TEA

R25

ROOIBOS TEA

R25

GREEN TEA

R25

SPICED CHAI TEA

R30



## flavours

R10

VANILLA, HAZEL NUT, CARAMEL  
POPCORN, PEANUTBUTTER CUP



# Breakfast

**V** **LOWVELD SUNRISE**

fresh fruit, granola, yoghurt, honey

R50

**V** **FRESH SMOOTHIE**

fresh strawberries, banana, yoghurt, apple juice

R55

**OVER THE EDGE**

fried eggs, bacon, sausages, grilled tomato, mushrooms, toast, preserves

R90

**MINI**

fried egg, bacon, sausage, grilled tomato, toast, preserves

R60

**OMELETTE**

three egg omelette, cheese, mushrooms, ham, tomato, toast, preserves

R65

**STACK**

toasted ciabatta or low GI, bacon, black mushroom, poached egg, tomato relish

R55

**OPEN TOAST**

toasted ciabatta, avocado, bacon, poached egg, tomato relish

R55

**FRENCH TOAST**

french toast, bacon, maple syrup

R75

"The clearest way into the  
Universe is through a forest  
wilderness"

John Muir

# Kids Corner

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## LIFT DROP

crumbed chicken strips, chips

R40

## ✓ MAC & CHEESE

macaroni, creamy cheddar sauce

R45

## FOREST FROG

sticky ribs, chips

R45

## KIDDIES CHEESE BURGER

kids beef patty, sesame bun, cheddar, chips

R50

## MUNCHIES

kids size pizza base, ham, pineapple, cheddar, mozzarella

R50

## SPAGHETTI BOLOGNAISE

beef mince, spaghetti, cheddar cheese

R55

## ✓ PLATE OF CHIPS

R30



# Toasties

**V** **CHEESE & TOMATO**

white or brown country loaf, chips

**HAM, CHEESE & TOMATO**

white or brown country loaf, chips

**BACON & AVO**

white or brown country loaf, chips

**CHICKEN MAYO**

white or brown country loaf, chips

**TUNA MAYO**

white or brown country loaf, chips

**BEEF MINCE**

white or brown country loaf, chips

**BACON, EGG & CHEESE**

white or brown country loaf, chips

R40

R50

R60

R65

R60

R55

R60

*Our country loaf  
slices are extra large!*

*Hop over to the end of  
the menu to check out our  
amazing activities...*





# Baguettes



## BOCKWURST

footlong continental sausage, cucumber pickle, mustard mayo, chips

R80

## ROAST BEEF

roast beef, tomato, lettuce, marinated aubergine, herb pesto, sundried tomato mayo

R80

## CHICKEN

grilled chicken breast, lettuce, avo, tomato relish, grilled courgette, garlic, sesame mayo


R80



*Fun fact : all our sauces,  
mayos and dressings are  
homemade...*



\*Avo is seasonal



"Forests are the lungs of our land,  
purifying the air and giving  
fresh strength to our people"

Franklin Delano Roosevelt



# Burgers & Pregos



\*served with chips

## BEEF PREGO

portuguese roll, beef prego steak, lettuce, tomato, peri-peri sauce

R65

## CHICKEN PREGO

portuguese roll, chicken breast, lettuce, tomato, peri-peri sauce

R65

## GRASKOP FINEST BURGER

pure beef patty, lettuce, bacon, gherkins, tomato relish, blue cheese sauce

R95

## CHEESE BURGER

pure beef patty, lettuce, tomato, cheddar cheese, mayo

R70

## CHICKEN BURGER

grilled chicken breast, lettuce, tomato, red onion, cucumber, herb pesto, tahini mayo


R70

## V VEGGIE BURGER

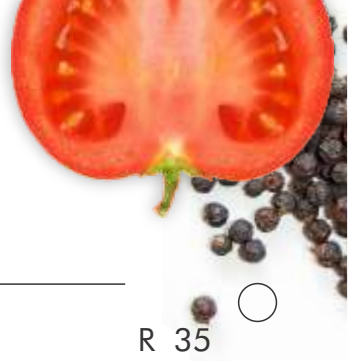
veggie patty, lettuce, tomato, mayo

R60

*Did you know all our  
patties are homemade...*



# Pizza



**V FOCACCIA** R 35  
plain or garlic - no cheese

**ADVENTURER** R100  
ham, mushroom, cheddar, mozzarella cheese

**RIVER** R 85  
ham, pineapple, cheddar, mozzarella cheese

**V YELLOWWOOD** R 90  
black olives, feta, capers, aubergine, jalapeno, garlic, mushroom, cheddar, mozzarella cheese

**FOREST** R120  
ham, mushroom, garlic, feta, green pepper, cheddar, mozzarella cheese

**CANYON** R 90  
pulled pork, green pepper, caremalised onion, peppadews, cheddar, mozzarella cheese

**CANOPY** R125  
bacon, avo, feta, black olives, red peppers, garlic, cheddar, mozzarella cheese



*Did you know all our  
pizza bases are homemade...*

# Pizza

## AFRICAN FIRE

beef mince, chilli, garlic, green pepper, cheddar, mozzarella cheese

R100

## RAPID

salami, garlic, black olives, cheddar, mozzarella cheese

R125

## WATERFALL

chicken, peppadews, garlic, black olives, green peppers, cheddar, mozzarella cheese

R115

## TRAIL

pork riblets, bbq sauce, cheddar, mozzarella cheese

R105

## GORGE

salami, bacon, riblets, olives, garlic, cheddar, mozzarella cheese

R145

*Yum! All our pizzas  
are made in a wood fired oven...*



# Salad

## CAESAR

house greens, grilled chicken, bacon, boiled egg, croutons, shaved parmesan, nutty dukkah crumble, caesar dressing

R95

## ✓ VEGETARIAN CAESAR

house greens, boiled egg, croutons, shaved parmesan, nutty dukkah crumble, caesar dressing

R60

## ✓ CLASSIC GREEK

house greens, tomato, black olives, feta, onion, cucumber, olive oil, balsamic vinegar

R55

## ✓ LOWVELD

house greens, avo, roasted beetroot, black olives, fried halloumi, cashews, herb pesto

R95

*Fun fact: all our sauces,  
mayos and dressings are  
homemade...*



# quesadillas



## PULLED PORK

toasted mexican flat bread, pulled pork, jalapeno, slaw, cheddar cheese, guacamole

R95

## CHICKEN

toasted mexican flat bread, pulled chicken, peppadews, slaw, cheddar cheese, guacamole

R95

*Our delicious flat bread  
is homemade!*



"I grew up in a forest, it's like a cathedral...it is a place between heaven and earth"

Anselm Kiefer

# Pies

## PASTIE OF THE DAY

pastie, gravy, salad, chips

R 70

## CHICKEN & BACON POT PIE

chicken, bacon, leeks, peas, white wine, pastry topping, stir fry veg, mash

R115

## BEEF & ONION POT PIE

cubed beef, onions, carrots, pastry topping, stir fry veg, mash

R120

*Hop over to the end of  
the menu to check out our  
amazing activities...*





# Roti & Curries



## CHICKEN ROTI

butter chicken roti, yoghurt raita, sambals, minced chilli, nut dukkah

R 75

## LAMB ROTI

lamb curry roti, chutney, sambals, minced chilli, nut dukkah

R 95

## BUTTER CHICKEN CURRY

butter chicken, basmati rice, yoghurt raita, sambals, poppadums

R135

## INDIAN LAMB CURRY

lamb curry, basmati rice, sambals, chutney, poppadums

R160

*Did you know all our rotis  
are homemade ...* ↘





# Grills



## MOZAMBIQUE SIRLOIN - 250g

spiced sirloin, fried egg, peri-peri sauce, chips

R135



## BEEF FILLET - 250g

fillet with your choice of sauce, salad, chips

R185

## T-BONE - 500g

beef T-bone with fried egg, your choice of sauce, chips

R205

## PORK CHOPS - 250g

pork loin chops, side salad, mash, gravy

R155

## LAMB CHOPS - 300g

lamb chops, stir fry veg, mash, gravy

R185

# Schnitzel



## CHICKEN SCHNITZEL

parmesan crumbed chicken schnitzel, cheese sauce, stir fry veg, mash

R 90



“Everything which helps us to exist  
is holy! And a tree is holiest of  
the holy for us”

Mehmet Murat Ildan

# Hunger Buster



## MIXED PLATTER

chicken wings, ribs, spicy livers, onion rings, veg sosaties, corn on the cob, potato wedges, mayo

R135

## THE BIG BOY

wors, lamb chops, sirloin, ribs, wings, onion rings, fried eggs, chips, veg sosaties, corn on the cob, pap, sheba


R350

## EISBEIN

eisbein, spinach, butternut, pickled cabbage, mash, mustard sauce

R170

*Please allow for extra preparation time on the above items.*



*Hop over to the end of the menu to check out our amazing activities...*

# fish

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## FISH & CHIPS

deep fried battered fish, tartar sauce, chips

R 75

## RAINBOW TROUT

pan fried rainbow trout fillets, cucumber tartar, stir fried veg, mash

R145

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*We are Green! All our packaging is environmentally friendly & biodegradable. We even have our very own recycling plant here at G&G&C*



# Sweet Spot

## CHOCOLATE BROWNIE

homemade brownie, ice cream

R45

## ICE CREAM

vanilla ice cream, bar one sauce

R45

## TRADITIONAL MALVA

baked pudding, custard

R45

## CAKE OF THE DAY

\*ask your waitron which of the below are available

granadilla cheesecake, chocolate mozzart, carrot cake, red velvet, salted caramel, chocolate

R35

## MUFFINS

\*ask your waitron which are available

R35

## DOUGHNUTS

choice of two freshly glazed doughnuts

R35

